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Ship secured, but concerns remain

Samushir. As operation to rescue disabled Russian vessel ends, post-mortem on B.C. ocean emergency begins

A Royal Canadian Air Force helicopter flies on Friday near a Russian container ship, carrying hundreds of tonnes of fuel, that was drifting without power in rough seas off British Columbia's northern coast. MARITIME FORCES PACIFIC/THE CANADIAN PRESS

A disabled Russian cargo ship was en route to port in British Columbia for repairs and the rescue operation was declared officially over Sunday. Now the debate begins.

In the end, the Samushir was secured, but with a battle already brewing over oil tanker safety off the West Coast, the incident raised questions about the response to the vessel drifting since Thursday near the coast of the Haida Gwaii archipelago, a marine sanctuary off the North Coast.

"It was luck," Peter Lantin, president of the Haida Nation, said Sunday of the crisis averted.

He commended the Canadian Coast Guard for its response but said it was pure chance that the coast guard, with all the cuts it has faced, was available. Even then, it took 20 hours to reach the remote vessel.

Fisheries and Oceans Minister Gail Shea issued a statement thanking rescuers for their quick response.

"Through close co-ordination between the Canadian Coast Guard and the Department of National Defence, the Government of Canada was able to take immediate action to halt the Russian-flagged ship Simushir from drifting into shore," she said.

Not everyone agrees.

The Haida quickly realized there was little they could do.

"The news coming in was it's going to hit shore and we have to get ready for that," he said. "We were helpless. We were sitting, watching a disaster happen in our back yard."

B.C. is engaged in a divisive debate over two proposed oil pipelines connecting the Alberta oilsands to West Coast ports.

The federal government has approved Enbridge's $7.9-billion Northern Gateway pipeline to Kitimat while Kinder Morgan's $5.4-billion expansion of its existing Trans Mountain line to Metro Vancouver is now before the National Energy Board. Combined, they would result in more than 600 additional oil tankers a year plying West Coast waters.

Ottawa has made a flurry of announcements about marine safety since Northern Gateway ran into trouble, including improved liability coverage and increased tanker inspections.

The Simushir was seen as a test of whether sufficient safety measures are in place.

The results were "discouraging," said Darryl Anderson, a marine transport analyst at Wave Point Consulting in Victoria.

"It was encouraging that the coast guard, with the limited resources they have, did take charge," he said. But "they don't have the capacity. We haven't funded the coast guard properly for a number of years — and not just this federal government."

THE CANADIAN PRESS

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NEWS 1

Aggressive goals. B.C. trashes waste bylaw

Metro Vancouver is crying foul after the province threw its proposed waste bylaw in the trash, saying the region will never achieve its aggressive waste reduction goals without the new rule.

The regional district proposed the bylaw in 2013 to require all waste from the region to be disposed of at regionally owned facilities.

But B.C.'s environment minister refused to approve the bylaw, citing concerns from private facilities about losing business to a government monopoly. Instead, B.C. will conduct a three-month review on the region's waste management plan.

Metro Vancouver argues the decision is "catastrophic" for the region's goal to divert 70 per cent of waste away from the landfill by 2015.

As it stands, the region tries to encourage recycling by charging nearly twice as much to dump garbage than it does to dump organic material.

But some garbage companies are avoiding these fees by driving outside the region to dump the waste. This means that the cardboard you separated from your trash might not end up being recycled.

This results in increased trucking traffic and greenhouse gas emissions, and drives up the cost because there are fewer users of the system, according to a statement from Metro Vancouver.

The bylaw would quash the practice of skirting the fees by forcing companies to use Metro Vancouver's facilities. EMILY JACKSON/METRO

Vision Vancouver Mayor Gregor Robertson, left, and Coun. Raymond Louie don hard hats and steel-toed rubber boots for a news conference at the Telus headquarters construction site at Robson and Richards downtown on Sunday. EMILY JACKSON/METRO

Vancouver mayor sticks to plan for tech economy

Focus on boosting 'startup city.'

Robertson rejects LaPointe's suggestion that he is ashamed of the resource industry

EMILY JACKSON
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Vancouver Mayor Gregor Robertson has no plans to veer from his six-year focus on tech jobs despite his main opponent's vocal support for the resource industry.

The big opportunities are in technology and green jobs and the city should aim to attract these and leave the province to focus on the resource industry it regulates, Robertson said at a Sunday news conference announcing Vision Vancouver's economic platform at the construction site of Telus' new downtown headquarters.

But Robertson rejected Non-Partisan Association mayoral candidate Kirk LaPointe's suggestion that the mayor is ashamed of the resource industry. (LaPointe last week announced his intentions to court liquefied natural gas companies.)

"I'm proud of Vancouver and our economy, full stop," Robertson said. "The resource industries are here. They're part of Vancouver economic success and they always will be."

He rattled off a list of his party's successes over the past two terms — he pointed to a record seven new office towers under construction downtown and attracting companies such as Microsoft and Sony Pictures Imageworks — and said he intends to keep pursuing these goals if re-elected for a four-year term on Nov. 15.

He also noted that Vancouver has the lowest property tax rate in Canada and said that the city has reduced its debt by $191 million.

While the majority of his platform is to continue policies that will paint Vancouver as a "startup city," one new idea is to get smaller, locally owned businesses into prime retail space in large developments instead of big brand names.

Vision also wants to work with Tourism Vancouver, businesses, residents and institutions to create a new plan for downtown.

It wouldn't involve rezonings, but would focus on public spaces and the local food scene to make the city more appealing to tourists as a world-class destination.

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No criminal charges for those arrested at Oppenheimer Park

Housing plans. Mayor said city saw almost 150 people move into shelters and housing from the camp

MATT KIELTYKA
matt.kieltyka@metronews.ca

The five people arrested at Oppenheimer Park last week will not face any criminal charges, police say.

Three men and two women were taken into custody late Thursday afternoon for interfering with city staff attempting to tear down the last few tents at the Downtown Eastside park, in accordance with a B.C. Supreme Court order.

After negotiating with staff all day, the five campers refused to get out of a tent and had to be physically removed by police as dozens of supporters sang and chanted in protest of the police action.

In a statement Friday, Vancouver police said their intention was to enforce the court order safely and not criminalize homeless people at the camp.

"In reviewing all of the circumstances, and with the public interest in mind, the Vancouver police has determined not to recommend criminal charges," said VPD spokesperson Const. Brian Montague in the statement.

The five campers have been released from custody.

Aside from the arrests, the dismantling of the homeless camp — which began in July — went relatively smoothly, with the majority of campers complying with the order and leaving the park on their own.

More than 200 homeless people had been camping at the park, in protest of the lack of social housing and substandard conditions in many Downtown Eastside single room occupancy hotels.

On Sunday, Vancouver Mayor Gregor Robertson said the city saw "almost 150 people move into shelters and housing" from the camp.

About 60 people were housed in SROs, supported housing, private rental and with family. Another 80 to 90 people were placed in shelters.

The city will push forward with plans to house 157 people on a temporary basis at a former hotel on Howe Street starting in November, despite community concerns.

Robertson stressed the arrangement is temporary (up to two years) and done in "the context of an urgent need."

WITH FILES FROM EMILY JACKSON

A woman is arrested at Oppenheimer Park on Thursday. JENNIFER GAUTHIER/METRO FILE

Hunter recounts bear ambush, saving father-in-law

Skeet Podrasky watched in horror as the massive grizzly pounced on his father-in-law, pinning him and lunging at his throat.

The pair had been out for a routine hunt the morning of Oct. 12 on the Podrasky family farm near Fernie, B.C.

"We were just looking for an elk that we had shot at the night before," Podrasky recalled Sunday, speaking publicly for the first time since the terrifying encounter. "We were just wandering through the brush and got pretty much ambushed."

As father-in-law Wilf Lloyd attempted to hold the bear back, his thumb even slipping inside the animal's mouth, he called out to son-in-law to shoot.

Podrasky had three rounds for his rifle and fired them all, hitting the bear twice. The wounded animal raced back into the bushes and Podrasky rushed to check on Lloyd. That's when he spotted the bullet wound in his thigh — the second round had hit Lloyd.

But the horror wasn't over.

"I only had three bullets — I was out," Podrasky said. "Then, the bear proceeded to charge again. It came right at us.

"Wilf was able to tell me where his gun was — it had gotten knocked when he got run over. That's how I finished the bear before it came back to get both of us. The bear was definitely going to finish him ... after that, I didn't know what was going to happen. It was surreal."

Info

For information on the online fundraising campaign for Wilf Lloyd, head to metronews.ca/calgary

Lloyd, a Cranbrook-area taxidermist in his mid-50s, was rushed to a Calgary hospital via STARS air ambulance and remains there. He's undergone two surgeries since the attack and doctors are considering amputating the leg that was shot. He suffered claw wounds on his arms and hands as well. Still, Podrasky said his father-in-law has kept in good spirits, all things considering.

"He's the kind of person that always wants to make everybody feel happy and comfortable," he said. "

He's definitely very grateful to be here and has supported me in the decisions I made. At the time, there were not very many options."

Friends and strangers alike have rallied around Lloyd through an online fundraising campaign. As of Sunday afternoon, more than $15,000 had been raised.

Podrasky, meanwhile, said he's replayed the scene in his head over and over.

"Everything happened so fast," he said. "It could have been so much worse but it could have been so much better … it's hard not to wonder."

JEREMY NOLAIS/METRO

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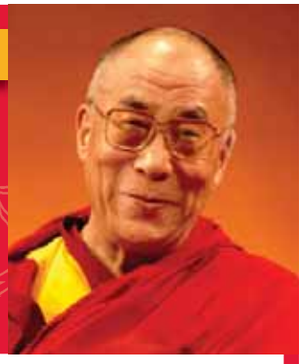

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ALARIS DESIGN

Man denied firearm licence, his mental health questioned

Zvonko Basic. He believes the 'secret service' planted bugs in his car and RCMP poisoned his food

NEAL HALL
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A local man who believes the RCMP instructed a Grade 1 teacher to bully his son at school and the "secret service" planted "bugs" in his car has lost his appeal to obtain a firearms licence.

Zvonko Basic applied for a firearms licence last year but Edward Yan, a firearms officer, denied the application based on two grounds: Basic had been convicted of three assaults, the most recent in 2005, for which he received a 30 days of house arrest; and Basic's dealings with various police departments, which raised concerns about his mental health.

Basic appealed the matter to a provincial court judge, but Judge Reg Harris found the refusal to issue Basic a licence was "reasonable in the circumstances ... based on the fact that Mr. Basic has a criminal history involving violence."

The judge found it was reasonable for the firearms officer to make inquiries about Basic's mental health but there was "an absence of a valid medical opinion providing full insight into Mr. Basic's mental health" that could assist the court.

Basic appealed to the B.C. Supreme Court, where Justice Brenda Brown had to assess the criminal convictions and the mental health concerns.

The judge noted that Basic had given to the firearms officer a 43-page typed document entitled "My Freedom in Fear."

The firearms officer summarized a number of concerns raised in the document by Basic: He believes that the RCMP have become involved with his union and have affected how much pension he gets, and he believes the RCMP instructed his son's Grade 1 teacher to bully his son and have other children bully his son, the judge noted.

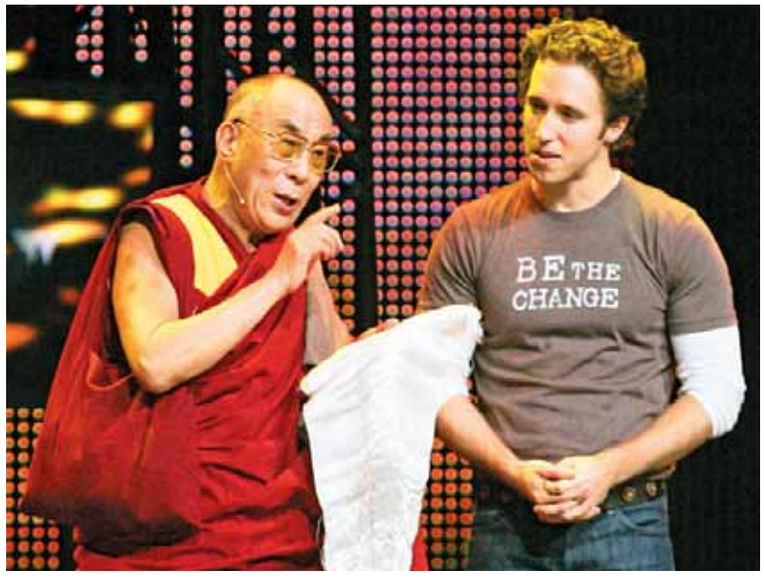
The judge pointed out that Basic is confident that, during a surgery for hearing loss in his right ear, the specialist placed a surveillance and sound chip in his ear.

Basic also says that the RCMP and "secret service" have control over his vehicles and have used bugs and hidden cameras to observe him.

In addition, he alleges the RCMP have poisoned his food on a number of occasions and have been contacting each doctor he visits to tell them to change their diagnoses, the judge added.

Basic also believes that the RCMP have been interfering with and influencing the outcome of various court cases, the court noted.

Justice Brown concluded the provincial court judge made no error, finding that the 43-page document written by Basic "raise concerns with respect to Mr. Basic's mental health."



The Dalai Lama coming to Vancouver

The Dalai Lama presents Free The Children co-founder Craig Kielburger with a scarf at the third annual We Day at GM Place on Sept. 29, 2009. The exiled Tibetan spiritual leader returns to the Lower Mainland this week. The Dalai Lama will host a Heart-Mind Summit at The Vancouver Convention Centre as well as a Heart-Mind Youth Dialogue at John Oliver Secondary. JEFF HODSON/METRO FILE

Is the price right for Site C?

Hydroelectric project. Decision makers, dissenters set sights on estimated cost

With provincial and federal environmental certificates now in hand, BC Hydro faces a much tougher hurdle for its massive Site C hydroelectric project — the bottom line.

The Crown agency estimates it will cost $7.9 billion to build the dam on the Peace River, making it the largest provincial public expenditure in the next two decades and the second-largest in the country right now.

It would take a decade to build and would be expected to power the province for a century.

"Site C is not an ordinary project," a joint environmental assessment panel said in its report.

The Canadian Environmental Assessment Agency report said there is little doubt about BC Hydro's competence to build and operate the project efficiently, but it fell short of endorsing the Crown agency's estimates.

"The Panel cannot conclude on the likely accuracy of project cost estimates because it does not have the information, time, or resources," the report said.

They recommended that if the project proceeds, it should be referred to the BC Utilities Commission for a detailed examination.

But Energy Minister Bill Bennett has been steadfast.

"You have to ask yourself what the BCUC would do if this suddenly landed in their lap? I think probably they would go out and do exactly what BC Hydro has already done and duplicate the already considerable cost that's been involved in looking at the costs of Site C and make sure they're accurate," Bennett said last week.

An independent engineering group, an independent construction management group and KPMG have all reviewed the estimates at Hydro's behest, he said.

And there is an 18 per cent contingency built into $3.8 billion for construction costs, which would cover any overruns, he added.

"I believe that BC Hydro has brought a sufficient number and quality of experts into this business of assessing the costs that we have, I think, a reliable number at this time."

Utilities commission or not, someone needs to check the math, said Jordan Bateman, B.C. director of the Canadian Taxpayers Federation.

"This is such a massive investment, you better make sure that these numbers are solid and that the long-term interests are protected," he said, adding that members are split right down the middle on the project. THE CANADIAN PRESS

Concerns amid need

BC Hydro estimates the province's electricity needs will grow 20 to 40 per cent in the next 20 years, and that need cannot be met through conservation alone. Additional capacity is necessary.

- But the Crown utility's most recent record is cold comfort for project critics. When a transmission line into the northwest corner of the province was announced in 2009, the original cost estimate was $404 million. The final price tag for Northwest Transmission Line was $736 million.

An artist's rendering of the proposed Site C hydroelectric dam in Northern B.C. COURTESY BC HYDRO

Man awarded $3.1M in damages for bouncer assault

A local man has been awarded $3.1 million in damages for an assault by a bouncer at Vancouver's Au Bar nightclub five years ago.

The assault on Marinko Stipan Maras took place on April 4, 2009, outside the club, located at 674 Seymour St.

Maras, who was 20 at the time, sustained serious injuries including a complicated mild traumatic brain injury combined with orthopedic and psychiatric injuries. The plaintiff claimed the serious injuries caused the loss of his potential professional soccer career.

He sued club owner Seemore Entertainment Ltd. and five individuals who worked at the club.

The defendants denied liability, arguing that Maras was the author of his own misfortune because he was escorted out of the club and tripped over the umbrella stand of the hot dog cart outside the club, causing him to fall and hit his head.

"All of the personal defendants took the position that they either knew nothing about what had occurred and … attempted not only to exonerate themselves but also their co-defendants," Justice Patrice Abrioux noted in a recent judgment.

After a nine-week trial earlier this year, a jury awarded Maras $3.1 million in damages and found liability against the corporate owner and three bouncers who provided security at the club: Joseph Mario Ghattas, Constantino Stefanopoulos and Wayne Litz.

Maras was also awarded his court costs. Maras' lawyer, Jim Vilvang, a former professional wrestler who specializes in personal injury claims, is still seeking to have the defendants pay for what is known as "tax gross-up" and management fees to manage Mara's $3.1 million for the future.

The jury awarded $250,000 for general damages, $175,000 for lost income, $1.8 million for future loss of income, $800,000 for the cost of future care and $27,200 in special damages. NEAL HALL/FOR METRO

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B.C. man first known death linked to enterovirus in Canada

D68. Young man had a history of severe asthma when he contracted the virus

THANDI FLETCHER
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A B.C. man in his 20s has died after becoming infected with enterovirus D68 in what is the first laboratory-confirmed death linked to the severe respiratory illness in Canada, the B.C. Centre for Disease Control confirmed Friday.

Dr. Danuta Skowronski, epidemiology lead for the B.C. Centre for Disease Control, told reporters that the victim is a man between the ages of 20 and 25 from Metro Vancouver.

He had a history of severe asthma and died earlier this week shortly after turning up in a Vancouver Coastal Health hospital, she said.

"I would like to convey our deepest condolences to the family," Skowronski said at a news conference Friday.

While it is not known whether the respiratory illness caused or contributed to the man's death, Skowronski said lab tests have confirmed the man had contracted the virus.

The man did not suffer any symptoms of polio-like paralysis that have affected two other male patients in B.C., she said.

As laws do not require reporting of enteroviruses in Canada, Skowronski said it is possible that the virus has contributed or been associated with other deaths in the country.

In the past week, the number of lab-confirmed cases of enterovirus D68 in B.C. has doubled to 36, according to the B.C. Centre for Disease Control.

The cases come from all health authorities in the province and range in age from less than one year old to more than 80 years old.

About 65 per cent of the cases are under 10 years of age, while 15 to 20 per cent are adults 20 years of age and older.

Two-thirds of the cases are men and boys, the reasons for which are unclear, said Skowronski.

"But it's an interesting pattern that we're wanting to continue to follow and evaluate, as well," she said.

The entrance of B.C. Centre for Disease Control in Vancouver. THANDI FLETCHER/METRO FILE

Enterovirus D68 is a rare but known virus that can cause severe breathing problems in children, especially those with asthma.

Although children are at greater risk of severe illness from enterovirus D68, Skowronski said the recent death is a reminder that people of any age with underlying health conditions like asthma are at risk of complications from the illness.

She urged anyone with a chronic health condition to seek medical care if they experience symptoms.

"Parents should pay attention to their gut instincts," she said. "If they're concerned, they should get their child seen."

However, Skowronski emphasized that most people who become infected with enterovirus D68 will experience symptoms no worse than a mild cold. In some cases, people don't have any symptoms, she said.

She encouraged people to wash their hands, sneeze into their elbows, and avoid touching their faces to minimize the spread of the virus.

Since mid-August, an outbreak of enterovirus D68 has sent many children and young people to hospital with severe respiratory illness.

As of Oct. 16, the U.S. Center for Disease Control and Prevention reported 825 people with laboratory-confirmed enterovirus D68 in the U.S. Seven patients have died.

It's still unclear whether enterovirus D68, which was first discovered in 1962, represents a new viral threat, but genome sequencing is underway at the National Microbiology Lab in Winnipeg and the U.S. Centre for Disease Control to determine if the virus is mutating, said Skowronski.

Enteroviruses typically circulate in summer and fall, and tend to taper off as winter approaches, said Skowronski.

She said she expects to see an increase in enterovirus D68 cases in the coming weeks, but that the number of new cases should steadily decrease over time.

Quoted

"Parents should pay attention to their gut instincts. If they're concerned, they should get their child seen (by a doctor)."

Dr. Danuta Skowronski, B.C. Centre for Disease Control,
on seeking medical care if a child shows symptoms of enterovirus D68

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Man in critical condition after two-vehicle crash; cops says alcohol may be a factor

Vancouver police believe alcohol played a role in a crash Sunday morning that put a man in critical condition.

A 29-year-old man was rushed to hospital just after midnight when his vehicle was hit head-on by an SUV on Broadway near Cypress Street.

Vancouver Fire and Rescue Services had to cut the man from the car, which sustained significant damage during the collision with the SUV.

The man was then rushed to hospital.

The driver of the SUV, a 31-year-old woman, was also taken to hospital, but only as a precaution.

Police say they detained the woman, and believe alcohol was a factor in the crash.

The Vancouver police collision investigation unit is currently investigating the incident.

Police are also investigating another crash in Vancouver that left a 74-year-old female pedestrian dead.

The woman was struck Friday morning as she crossed mid-block on Renfrew Street, near Williams Street.

She was rushed to hospital, but did not survive her injuries.

The 51-year-old male driver remained at the scene and cooperated with investigators, police say.

MATT KIELTYKA/METRO

Third death

The 74-year-old woman killed Friday is the third pedestrian to be killed within the City of Vancouver this year.

From catwalk to the clink. Aspiring model, pilot arrested in drug bust

An aspiring model and a private pilot, both from Canada, have been arrested on federal drug charges in Southern California after authorities say they arrived from Las Vegas in a private jet carrying drugs worth roughly $2 million.

Krista Marieann Boseley, 30, of Vancouver and her travelling companion, Gilles Lapointe, 61, were arrested Oct. 9 at John Wayne Airport in Orange County, according to federal court documents filed with the U.S. District Court in Santa Ana.

Authorities were alerted that a plane previously believed to be involved in drug trafficking was about to touch down at the airport, the documents said. They observed Boseley and Lapointe getting out of the plane and approached and asked to search their bags as they rented a car.

The two consented to the search, the documents say, and with the help of a drug-sniffing dog authorities found 50,000 ecstasy pills and about 40 kilograms of raw MDMA in their luggage.

Krista Marieann Boseley FACEBOOK

MDMA is a powder used in Ecstasy and the club drug known as "Molly."

The two also had a combined $20,000 in cash, which they said was from winnings at a Las Vegas casino.

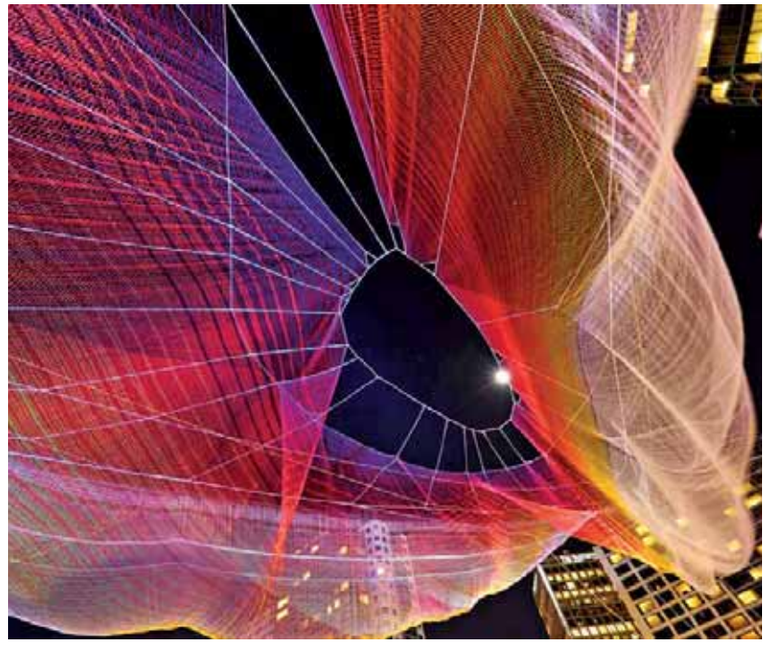
Calls and emails to Lapointe's attorney, Matthew Lombard, were not returned Saturday.

Boseley's attorney, Victor Sherman, declined to comment.

Boseley is a former real estate agent and aspiring model.

Boseley and Lapointe are due in court on Oct. 27.

THE ASSOCIATED PRESS



Painting the sky was quite the challenge

An aerial sculpture entitled Skies Painted with Unnumbered Sparks by American artist Janet Echelman is suspended between the Fairmont Waterfront Hotel and the Vancouver Convention Centre in March, during the TED conference in Vancouver. Echelman received an American Ingenuity Award at the Smithsonian Institution Thursday night for the piece, which she called her largest, most ambitious and most technically challenging project yet. COURTESY JANET ECHELMAN

Citizenship ceremony

New Canucks sworn in at Canucks game

A special citizenship ceremony was held at Rogers Arena Saturday prior to the Vancouver Canucks and Tampa Bay Lightning game.

Thirteen new Canadians received citizenship, took part in the national anthem and took in the game. METRO

Endorsed by Sinclair

Lanzinger to run for B.C. Federation of Labour presidency

Irene Lanzinger, past president of the B.C. Teachers' Federation, announced Friday that she will seek to replace Jim Sinclair as president of the B.C. Federation of Labour.

Sinclair, who led the B.C. Fed for the past 15 years, announced Oct. 15 that he was not running for re-election. He has endorsed Lanzinger for the position. METRO

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Booze blamed for mayhem at pumpkin festival

New Hampshire. Violence takes hold during night of parties that led to destruction, arrests and multiple injuries

People in Keene, N.H., on Saturday during a night of violence. AP

Violent disturbances near Keene State College during an annual pumpkin festival lasted until early Sunday and involved dozens of arrests and injuries, as well as police in riot gear using tear gas to disperse crowds.

Keene State student Ellery Murray told the Boston Globe that she was at a party Saturday that had drawn a large crowd when people started throwing things.

"People were just throwing everything they could find — rocks, skateboards, buckets, pumpkins," she said. "People just got too drunk."

The parties around the school coincided with the annual Keene Pumpkin Festival, where the community tries to set a world record for the largest number of carved and lighted jack-o-lanterns in one place.

WMUR-TV in Manchester showed video of a crowd overturning a car, people running from tear gas clouds, street signs being torn down and fires burning in the streets. THE ASSOCIATED PRESS

Poles remember Father Jerzy Popieluszko

A pilgrim holds a picture of Polish Roman Catholic priest Jerzy Popieluszko during an anniversary ceremony in front of his parish church St. Kostka in Warsaw, Poland, Sunday. Poland is marking 30 years since Communist police murdered the now Blessed Father Popieluszko, who was associated with the Solidarity union.

CZAREK SOKOLOWSKI/THE ASSOCIATED PRESS

Hustler Magazine

Lisa Flynt critical

The daughter of Hustler publisher Larry Flynt has been seriously injured in an Ohio car accident and is in critical condition.

Lisa Flynt, 47, was ejected from her car Saturday. A 24-year-old passenger suffered minor injuries. THE ASSOCIATED PRESS

China

Boy loses arm feeding bear

A bear in central China has bitten off the arm of a nine-year-old boy who tried to feed it. The attack happened Saturday afternoon. The boy put his arm through the bear's cage to feed it and it bit him.

THE ASSOCIATED PRESS

Boat collision

South Korean tourists missing

Two tourists from South Korea are missing after a speedboat boat carrying them collided with a fishing vessel off southern Thailand. The boat was carrying 37 people. All others were rescued.

THE ASSOCIATED PRESS

Aboriginal women

Canadian Public Health Association joins call for inquiry

In a statement to be released publicly Monday on its website cpha.ca, the Canadian Public Health Association is calling on the federal government to assess any actions taken as a result of previous inquiries, reports and investigations into missing and murdered native women.

It also urges the Conservatives to heed a call from the World Health Organization to develop and implement an integrated action plan for violence prevention that addresses its root causes.

Those efforts should be led by First Nations, Inuit and Métis partners and engage all levels of government and civil society, the association says.

The voluntary, non-governmental association calls itself the independent voice for public health in Canada.

THE CANADIAN PRESS

Walk to Remember comforts parents

Halifax. Annual walk gives support and raises awareness of infancy loss

HALEY RYAN
Metro in Halifax

Parents and families participate in the sixth annual Halifax Walk to Remember on Sunday. JEFF HARPER/METRO

Julie Marchand held her husband's hand as he pulled two of their children along in a red wagon amongst hundreds of others in Halifax Sunday, many in homemade shirts with ribbons painted on their faces.

About 400 people gathered at the IWK Health Centre and walked a one-kilometre loop around the building for the sixth annual Halifax Walk to Remember, which honours those children lost as a result of a miscarriage, stillbirth or neonatal loss.

"I have three children, one's just not here," Marchand said with a small smile, her family wearing shirts bearing a picture of William, who was lost at 34 weeks (from conception) in March.

Marchand said the hardest part has been the lack of acknowledgement that William was "here," or having people avoid the subject because they feel it's too sensitive — which Marchand said can be worse.

"This is really healing," Marchand said. "It's important to acknowledge loss."

Stacey MacLean, one of the organizers who also lost a baby named William at 27 weeks, said it's important to bring attention to the issue because it's more common than people realize. About one in four women will have a miscarriage or stillbirth in their life, she said.

Women and couples should know they can turn to the IWK and the Walk to Remember group for support in a different way than with family or friends, MacLean said.

Memoir. Trudeau spills ink on parents' divorce

By Justin Trudeau's own account, he was once an awkward, insecure youth who was traumatized by his parents' very public split and his mother's mental illness, as well as an indifferent student who struggled in the shadow of his famous father.

Common Ground — which comes out Monday — does not reveal any new specifics about the leader's plans for Canada.

It does, however, disclose in surprisingly frank detail some personal life experiences.

The first child born to then-prime minister Pierre Trudeau and his wife, Margaret, Justin Trudeau recalls "a succession of painful emotional snapshots" that accompanied their break-up when he was only eight: escaping into Archie comic books when his parents were yelling at each other, his mother moving out of the prime ministerial residence, and reading the lurid newspaper headlines about the separation and the wild antics of the newly free Margaret.

THE CANADIAN PRESS

Alberta. Government says it won't cull wild elk population

Ranchers and community leaders say the growing elk herd at CFB Suffield in southeast Alberta jump fences to eat, trample private crops and that hunting alone will not reduce the herd to a manageable size.

In July, community members submitted a proposal that calls for humanely capturing about 1,500 elk each year, moving them to a farm and slaughtering them over time.

But Environment Minister Kyle Fawcett said the government is concerned about the proposal's cost, and said it would be challenging to get the federal government to approve a plan that would involve access to a military base with security concern. THE CANADIAN PRESS

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Canada starts shipping 800 vials of vaccine to WHO

The federal government says Canada will start shipping its experimental Ebola vaccine to the World Health Organization on Monday.

The government says in a release the Public Health Agency of Canada is supplying the vaccine to the UN body in Geneva in its role as the international co-ordinating body for the Ebola outbreak in West Africa.

It says Canada will ship 800 vials of its experimental vaccine in three separate shipments.

The WHO will consult with its partners, including the health authorities from the affected countries, to determine how best to distribute and use the vaccine. For instance, it must take into account concerns about using an experimental vaccine in people.

"This vaccine, the product of many years of scientific research and innovation, could be an important tool in curbing the outbreak," said Dr. Gregory Taylor of the public health agency.

Meanwhile, Prime Minister Stephen Harper is warning Canadians not to be complacent about Ebola, suggesting it would be all too easy for the disease to come to Canada.

He brought up the current Ebola crisis on Saturday as he accepted the Rotary Foundation Polio Eradication Champion Award for Canada's efforts to eliminate polio globally. Harper said that much like polio, Ebola must not be underestimated.

"What has happened recently with Ebola reminds us that in an age of globalization and particularly global trade and travel, what was a problem that was at one time far away from us could arrive at our shores very quickly," he said.

The federal government announced Friday it was nearly doubling the amount of money earmarked to fight the outbreak. Canada has committed a total of $65 million.

THE CANADIAN PRESS

In this August file photo, a Nigerian health official uses a thermometer on a worker at the

SUNDAY ALAMBA/THE ASSOCIATED PRESS FILE

Fear of Ebola's Africa's image

Feeds into false ideas, fears. 'It speaks to a whole discourse about the danger of Africa,' says African studies prof

In the United States, some parents fearful of deadly Ebola pulled children out of a school after the principal returned from Zambia, an African nation far from the area hit by the disease. In Geneva, a top UN official warned against anti-African discrimination fuelled by fears of Ebola.

The disease has ravaged a small part of Africa, but the international image of the whole continent is increasingly under siege.

Guinea, Liberia and Sierra Leone — the African countries afflicted by the Ebola outbreak — have a combined population of about 22 million on a continent with more than 1 billion people.

Their corner of West Africa encompasses an area the size of California, or almost as big as Morocco. Yet the epidemic feeds into a narrative of disaster on a continent of 54 countries that has seen some progress in past years, and false perceptions of Ebola's reach are hurting African business distant from the affected areas.

"It speaks to a whole discourse about the danger of Africa," said Michael Jennings, a senior lecturer in international development at the School of Oriental and African Studies in London.

Africa has had a troubled image. Famine in Ethiopia, chaos in Somalia and genocide in Rwanda drove the idea of a continent in perpetual crisis. In recent years, an end to a number of wars and ensuing stability and growth pointed to a turnaround that some enthusiasts dubbed "Africa Rising." Now the economic impact of Ebola fears is being felt in many parts of Africa. Hotels, tourism operators and conference organizers are recording increasing cancellations.

Thirty international buyers pulled out of an annual tourism expo that began Thursday in Zimbabwe's resort town of Victoria Falls, said Karikoga Kaseke, the national tourism agency chief. He said business travellers from China and Malaysia were among those who recently cancelled trips, and Jamaican musicians have also skipped Zimbabwean shows.

The southern African country is more than 4,800 kilometres from Ebola-hit Liberia, or about twice the distance between London and Moscow.

THE ASSOCIATED PRESS

arrivals hall of Murtala Muhammed International Airport in Lagos, Nigeria.

spread affects and economy

Fighting the outbreak

U.S. officials announce updates to protocols, new support team

Revised guidance for health-care workers treating Ebola patients will include using protective gear "with no skin showing," a top federal health official said Sunday, and the Pentagon announced it was forming a team to assist medical staff in the U.S., if needed.

Dr. Anthony Fauci, head of the National Institute of Allergy and Infectious Diseases, said those caring for an Ebola patient at Texas Health Presbyterian Hospital in Dallas were left vulnerable because some of their skin was exposed.

The federal Centers for Disease Control and Prevention is working on revisions to safety protocols. Earlier ones, Fauci said, were based on a World Health Organization model in which care was given in more remote places and without intensive training.

On Sunday, the Pentagon announced that Defence Secretary Chuck Hagel had ordered the formation of a 30-person support team from across the services to assist civilian medical professionals in the U.S. if needed to treat Ebola.

A health-care professional shows how to use Personal Protective Equipment at a Toronto hospital.

CHRIS YOUNG/THE CANADIAN PRESS

The team would not be sent to West Africa or other overseas locations, and would "be called upon domestically only if deemed prudent by our public health professionals," Pentagon press secretary Rear Adm. John Kirby said.

THE ASSOCIATED PRESS

Thomas Eric Duncan

Quarantine ends for Ebola victim's friends and family

As her boyfriend Thomas Eric Duncan lay dying of Ebola in a Dallas hospital bed, Louise Troh battled loneliness and fear that she, too, had contracted the disease while confined to a stranger's home under armed guard.

Troh's confinement ended Sunday night, along with that of several friends, family and others who had contact with Duncan after he first became infectious. Ebola has a 21-day incubation period.

After three long weeks, Troh will be able to have a clean bill of health, leave the house and be done with twice-daily temperature readings by government health-care workers. She likened the quarantine period to being a prisoner.

THE ASSOCIATED PRESS

Carnival Cruise Lines

Ebola scare aboard cruise ship

A cruise ship carrying a Dallas health-care worker who was being monitored for Ebola returned to port Sunday after an eventful seven-day trip in which passengers had their vacations briefly disrupted with an infectious disease scare.

A lab supervisor who handled a specimen from a Liberian man who died from Ebola at Texas Health Presbyterian Hospital in Dallas showed no symptoms during the cruise but self-quarantined out of caution.

Carnival Cruise Lines said it was informed by health authorities Sunday morning that she tested negative for Ebola.

The Ebola scare added some drama to the trip for the more than 4,000 passengers on board.

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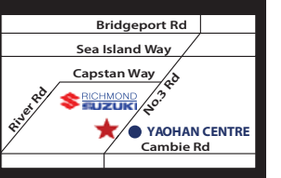

Nepal officials shut walking trails, set out on additional rescue efforts

Fatal blizzard. With at least 38 confirmed dead, rescuers returned to the popular hiking route to ensure trekkers' safety

An injured avalanche victim from Israel hugs a friend after boarding an ambulance to head home at Ciwec Clinic in Katmandu, Nepal, on Saturday. Rescue helicopters spotted nine more bodies Saturday on a trail in northern Nepal, bringing the death toll to 38 from last week's snowstorms. NIRANJAN SHRESTHA/THE ASSOCIATED PRESS

Nepalese authorities closed a section of a popular Himalayan trekking route Sunday after rescuers, overwhelmed with last week's snowstorms that killed at least 38 people — including four Canadians — had to save new hikers who set out on the same trails.

Those who lost their lives in the blizzards and avalanches that hit the upper section of the Annapurna trekking circuit in northern Nepal included foreign trekkers, local guides and villagers. Many of the hundreds who had been stuck in the snow have been brought to safety, while government official Yama Bahadur Chokhyal said rescue helicopters were winding down flights.

But as the weather cleared, new hikers began making their way up the same trails, prompting the government to close the route, Chokhyal said. In some sections, the trails were completely hidden beneath the accumulated snow.

"Our rescuers and helicopters ended up having to bring down these new people while we were still trying to reach the ones who were stranded by the blizzard," he said.

"It was burdening and confusing the rescuers," he said.

The snowstorms were caused by the tail end of a cyclone that struck the Indian coast days earlier.

THE ASSOCIATED PRESS WITH FILES FROM THE CANADIAN PRESS

Snowstorm victims

About 25 bodies have been identified from among those killed in Nepal's blizzard.

- **Confirmed deaths.** Of those identified, eight were Nepalese, with others from Canada, India, Israel, Slovakia, Poland and Japan.
- **Canadian casualties.** The names of the Canadians have not been made public, but a Quebec-based tour guide operator said a group of Quebecers were taking part in the trek.

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Rising tension. Leaflets lead to North-South Korea gunfire exchange

Troops from the rival Koreas exchanged gunfire Sunday along their heavily fortified border in the second such shooting in less than 10 days, South Korean officials said. There were no reports of injuries or property damage, but the 10 minutes of shooting highlighted rising tensions between the countries.

The Koreas' first exchange of gunfire came after North Korea opened fire at balloons carrying anti-Pyongyang leaflets that were floating across the border from the South. Sunday's shootout began after North Korea sent soldiers close to the border line. The move was an attempt by the North to increase worries in the South about what might happen if leafleting continues, analysts say.

South Korean activist groups, mostly made up of North Korean defectors, have been staunch in their vows to continue sending the leaflets, which Pyongyang considers propaganda warfare; one group says it intended to float about 50,000 on Saturday. North Korea has warned it will take unspecified stronger measures if leafleting continues.

The Korean Peninsula remains in a technical state of war because the 1950-53 Korean War ended with an armistice, not a peace treaty. About 28,500 U.S. troops are stationed in South Korea.

THE ASSOCIATED PRESS

In this Sept. 17, 2014, file photo, two South Korean soldiers stand guard at a military checkpoint at the Imjingak Pavilion near the village of Panmunjom, which has separated the countries since the Korean War. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Human remains

Body may belong to missing student

Searchers found human remains that could be those of a British-born University of Virginia student who has been missing since Sept. 13, police said.

Further tests are needed to confirm that the remains are Hannah Graham's, Charlottesville Police Chief Tim Longo told a news conference Saturday. Jesse Leroy Matthew Jr., 32, has been charged with abduction with intent to defile Graham. THE ASSOCIATED PRESS

South Africa

Convicted killer dies in prison

The man convicted of the murder of a woman killed on her honeymoon in Cape Town has died, South Africa's Department of Correctional Services said.

Xolile Mngeni, convicted for the murder in 2010 of Anni Dewani, died in a hospital unit of a Cape Town prison. Prosecutors argue the woman's husband, Shrien Dewani, conspired with Mngeni and two others to kill his wife.

THE ASSOCIATED PRESS

Energy

India overhauls fuel regime, raises gas tariffs

India freed diesel prices from government control Sunday while raising natural gas tariffs in the biggest-yet reform by Prime Minister Narendra Modi's government, as it aims to boost the country's economy and overhaul its energy sector.

The decision on diesel targets one of India's costliest subsidies for one of the world's dirtiest fuels. Those subsidies — meant to help poor farmers using diesel-powered water pumps — led the country to consume more than four times as much diesel as petrol, at large cost to the national budget. THE ASSOCIATED PRESS

Hackathon

Businesses want whiz kids to end border delays

Frustrated by costly delays at the Canada-U.S. border, the business community is urging governments to seek solutions from private-sector whiz kids.

The national governments are being pressed to adopt a model popularized by high-tech startups during the dot-com boom in the 1990s: gather a bunch of software engineers in one room, give them a problem to solve and promise a prize. Business groups are requesting what they call a "hackathon" for the border.

THE CANADIAN PRESS

Ebola

Brussels Airport to start screening passengers

Brussels Airport says it will begin screening passengers arriving from Ebola-stricken countries Guinea, Liberia and Sierra Leone.

The airport operator says passengers arriving from these three countries will have their temperatures taken starting Monday.

Four flights a week from the areas concerned arrive weekly at Brussels Airport.

Similar measures were begun Saturday at Charles de Gaulle airport in Paris, where one daily flight arrives from Conakry, Guinea.

THE ASSOCIATED PRESS

Microsoft mines a piece of the gaming action

HOW TO ROLL
Alison Griffiths
investing@metronews.ca

What has 11 million likes and nearly 95,000 people interacting on Facebook? That would be Minecraft.

Okay, perhaps the numbers pale compared to those on the pages of Shakira, Coca-Cola and the late Bob Marley (who says death is the end of life?). And granted, Minecraft isn't in the same league as the insanely popular online game League of Nations with more than 20 per cent of worldwide game-playing time.

Minecraft attracts just over 2.6 per cent of gamers at any given time. But the numbers are impressive considering that the majority of those playing this Lego-like game aren't on Facebook and belong to a cohort still under the thumb of parental oversight.

Minecraft by the numbers

- 14,000 copies sold daily
- 20 million sold since its inception in 2009

One marketing expert recently wrote that the skills developed while playing Minecraft include learning about 3-D modelling, APIs, integrated development environment and protocol analysis.

This is what attracted the attention of Microsoft and convinced it to shell out $2.5 billion earlier this month to purchase Mojang, maker of Minecraft.

Big companies have been buying smaller ones ever since one fish ate another. But this purchase signals a shift in the gaming industry.

In the tech sphere, acquisitions most often happen to gain expertise, technology, access to users or the ability to connect a product with proprietary platforms. Rarely do tech acquisitions happen for profits alone.

But the Mojang purchase offers all of the above to Microsoft. The old-fart behemoth suddenly owns a mountain of young users and the expertise needed to continue to attract them. Minecraft is one of the few games available on all major devices. And miraculously, Mojang is profitable with real and growing revenues.

Minecraft believers can buy into the technology by investing in Microsoft. The downside is you are purchasing dozens of other non-game divisions, including decliners such as desktop computing. On the other hand, such diversification is far less risky than buying a one-product stock.

Wallets lighten up during India's festival of lights

A woman looks at jewelry as people throng a market for shopping on the last Sunday ahead of the Diwali festival in Ahmadabad, India, on Sunday. Diwali, an ancient Hindu festival known as the festival of lights, will be celebrated on Thursday. AJIT SOLANKI/THE ASSOCIATED PRESS

Agency links cash to militants

Canada's financial intelligence agency says it's actively helping police and spies follow the money flowing into the coffers of Islamic extremists overseas.

The Ottawa-based Financial Transactions and Reports Analysis Centre of Canada, known as FinTRAC, has passed along information to investigators as part of the government's effort to combat the Islamic State of Iraq and al-Sham (ISIS), says centre director Gerald Cossette.

The agency's access to information about banking and financial transactions allows it to see links between people and groups in Canada and abroad that support terrorist activities — including radicalized Canadians bent on waging guerrilla-style war in strife-ridden Iraq and Syria. THE CANADIAN PRESS

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BOOS AND CATCALLS FOR MAYOR-LESS VISION

URBAN COMPASS

Rod Mickleburgh
vancouver@metronews.ca

On the campaign trail in Vancouver these days, it's easy being Green. It's not so easy being Vision.

That, at any rate, was my conclusion after wandering my way on a drizzly Wednesday night to the venerable St. James Hall for a breath of democratic fresh air involving candidates from five municipal parties and independent mayoral hopeful Bob ("I swam in the Olympics") Kasting.

Organized by the recently formed Coalition of Vancouver Neighbourhoods, the two-hour meeting was packed to the Hall's 350-seat capacity, and antagonism towards the city's incumbent governing party was palpable.

This was not surprising, given the ongoing tension between Vision and some neighbourhood groups who are no fans of densification in their neck of the urban woods and resent what they perceive as a lack of meaningful consultation on such sensitive matters.

While the NPA, Greens, COPE and even the as-yet-unlofty Cedar Party had two participants each, including standard-bearers Kirk LaPointe and Meena Wong, there was no Mayor Gregor Robertson to weather the critics. Instead, it was left to the valiant Andrea Reimer to hold high the Vision banner at the far end of the long table, all by her lonesome. I say "valiant" because the evening sometimes felt like a "Get Vision" movie.

While the likes of Green Party Coun. Adriane Carr and others were loudly applauded whenever they took a run at developers, Coun. Reimer was often heckled. When she echoed her party's support for campaign finance reform, there were angry shouts of "We don't want you," and "Where's Gregor?" Her closing remarks provoked boos, catcalls and the consultative cry of one enraged citizen: "Gregor's got to go!"

Reimer, originally a Green Party school trustee, seemed unruffled by the hostility. As she looked out at a crowd that was mostly middle-aged or older, and, I would venture, chiefly homeowners, with very few "minority" individuals present, Reimer said there is a need for more inclusion in community gatherings: Aboriginals, immigrants , LGBT, and, yes, renters.

Noting she, herself, has been a victim of real estate speculation, moving 10 times in 12 years because of landlord property flipping, Reimer said, "I'm a renter. Fifty-two per cent of the city are renters. But I go to few meetings where they are well-represented ..." Lack of inclusion, she added, is one reason she hasn't signed on to the Coalition's statement of principles about neighbourhood consultation. Later, and somewhat surprisingly, Reimer also distanced herself from her own party, on the issue of the Georgia Viaduct's proposed dalliance with the wrecking ball. Tangoing to her own timpani, she declared: "I think a lot more study needs to be done for me to be supportive."

Of course, none of this cut much ice with the audience and her political opponents, who have the traditional opposition virtue of being able to solve difficult problems in a single vow. Take one of the NPA's solutions to the frightening cost of housing in no-fun city. Hey, just attract people with higher salaries. Now why didn't Gregor think of that?

Metro Bitstrips caption contest

Today's winner: Michele Benefield

Become a cartoon star!

Visit metro.bitstrips.com on your mobile device to create your own avatar and add your caption to the next comic. The funniest entry will be printed here and you'll be able to check out the runners-up by scanning the cartoon with your Metro News app.

WE ACT: CANADA DOES GOOD

B.C. youth finds courage to pursue passions, even live on Mars

Canadians across the nation are up to a whole lot of good. Here's one we'd like you to meet.

Who: Paige Hunter, youngest candidate in the Mars One Project, New Westminister, B.C.
What: Motivating youth as a We Day speaker to be authentic in the pursuit of their dreams.
Why: When one is confident, no dream is too unrealistic — even living on another planet.

Changing the course of history can come from one small decision. For 19-year-old Hunter, deciding to sign up for the Mars One Project was a no-brainer — she saw it as a chance for adventure and possibly finding new territory for the human race to inhabit.

While the idea may sound far-fetched to some, Hunter says it is essential that youth follow their dreams, no matter how outlandish. At We Day Vancouver on Oct. 22 at the Rogers Arena, she'll explain how her passion, confidence and decision-making landed her as the youngest person on the list to travel to the red planet.

The importance of confidence

"Confidence comes from being genuine and I think people who are insecure are trying to be something that they're not. Be unapologetically you — it's the best way to be." Paige Hunter, 19

How will you relate being on the Mars One list to youth at We Day? "I'll be speaking about my very real, personal experiences to demonstrate that it's 100 per cent possible for me and anyone to achieve what they think is important and pursue any injustice in the world. I think it's really important for youth to understand there's no magic formula to make opportunities happen — of course a bit of luck is involved — but it's what a person does in their day-to-day life and all those little decisions made daily that add up to a bigger experience."

CRAIG AND MARC KIELBURGER

metro AR SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 17 in Scene and page 26 in Sports.

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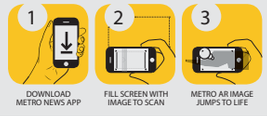

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Ebooks

Choose Your Own Autobiography

By. Neil Patrick Harris

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By recounting his life as a game book filled with multiple paths and endings, NPH takes you for a roaringly funny time through cocktail recipes, boyfriend scribbles, geeky magic tricks, and celebrity interruptions. The intimate details are still there, just playfully told for your entertainment.

Box office

Fury rolls right over Gone Girl

The Second World War drama Fury blew past Gone Girl at theatres this weekend. Gone Girl was tops for two weeks before Brad Pitt and his ragtag tank mates in Fury blasted the film to second place. Fury captured $23.5 million in ticket sales during its opening weekend, according to studio estimates Sunday. Gone Girl followed with $17.8 million. THE ASSOCIATED PRESS

Meghan Trainor is bringing booty back to the big time

All About That Bass.
Singer's playful pop anthem rocks bottoms to the top of charts

PAT HEALY
Metro in Boston

Meghan Trainor is speechless, and it's not because her song All About That Bass has been dominating the Billboard Hot 100 chart for weeks.

She's speechless because she's been singing the song so much that she blew her voice out. We were supposed to talk about Bass on the phone with Trainor, but her doctor made her go on strict vocal rest and cancel all interviews and performances until she got her voice back. So we emailed the Nantucket-born and raised singer, and she seemed happy to answer our questions that way.

Meghan Trainor SARAH MCCOLGAN

Congratulations on another week at No. 1. More than 130 million people have viewed All About That Bass online. Were you prepared for this song to be this huge a hit? What's the biggest adjustment in having a song that everybody knows?
I was not prepared at all. Never thought it would be this huge. It's unbelievable, though, and I'm so grateful that people are reacting to it so well. I'm just glad others could relate to it. The best thing is hearing the crowd sing every word, it gets me all emotional every time.

The song is so much fun, and it's obviously a great message, but did any of the reactions surprise you? I've seen a few long think-pieces on where the song fits into the message of feminism. Was it important to you to put that line in about "skinny bitches" and how even people who could be characterized as such probably also think they're fat?
I have plenty of skinny beautiful friends that people would assume are confident "bitches" but I know in the privacy of their mirrors they destroy themselves because they still don't feel perfect enough in society's eyes. All I did was write a song about loving my size and I'm glad most people can relate and see I didn't set out to shame skinny people.

And now I have a few less serious questions about that song: Did your mama really tell you that "boys like a little more booty to hold at night"? I'd like to know a little bit more about the context of that conversation.
She always tells me "don't worry about your size" and that I'm beautiful. My dad might have said the booty line.

I had read somewhere that your parents were especially encouraging about you pursuing your dream, rather than forcing you to go to college. How did that conversation go, or was it just understood right from the beginning of your music career?
It was always understood. I got a (songwriting) publishing deal when I was 18 years old, so I was still in high school. Yes, I applied to college and got in but my father said, "You will learn way more by doing it than going to school to learn about it."

The music on most of the songs from your EP, Title, seems rooted in both doo-wop and hip-hop. What kind of music did you grow up with in the house?
I grew up listening to soul/R&B/funk/'50s. So all over the place! I didn't know who The Beatles were until I was 15. I love them as well, but my childhood was mostly Earth Wind & Fire, Ray Charles and Stevie Wonder.

You paraphrase Justin Timberlake's Sexyback in Bass when you sing the line, "I'm bringing booty back." Have you heard from JT?
Only in my dreams. But yeah, I'm still waiting for that shout-out!

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Tolman's streak of pluck runs out as Fargo's Molly

Beloved character. Series run is up for actress who loved her first TV role as much as fans took to the part she played

Allison Tolman as Molly Solverson in the show Fargo. CHRIS LARGE/FX

Allison Tolman says it feels "bittersweet" to not be returning to FX's Fargo.

Her plucky performance as Det. Molly Solverson won her hordes of fans and an Emmy nomination. But the second season will be set in the past, meaning Tolman won't be back.

"I'm so sad to not be going back with them because it was such an incredible, golden time for me," said Tolman in a telephone interview. Showrunner Noah Hawley has admitted it's a "crime and a tragedy" to let go of Tolman, a previously unknown actress whose Molly quickly won the hearts of fans and critics. But he said it would be "disingenuous" to give her character another wild, Coen brothers-esque case to solve, so he decided to set Season 2 in 1979.

"I got my butt to L.A. pretty fast as soon as I found that out," said Tolman with a laugh. "I certainly didn't want to squander this awesome opportunity that I was afforded by landing this role ... It feels like a lot of responsibility. There's a big potential for a sophomore slump."

Season 1 of Fargo is available on DVD and Blu-ray now. The 10-episode story followed Molly and another officer, Gus Grimly, as they tried to solve a series of murders linked to hapless insurance salesman Lester Nygaard and violent criminal Lorne Malvo.

Tolman, 32, had been temping as a receptionist at a consulting firm when she auditioned for Molly. She had moved to Chicago from Dallas about five years earlier to study at Second City's famed comedy program.

She felt the chances of her landing the Fargo role were "far-fetched," but she threw in a tape anyway. Tolman didn't even tell her family and friends that she made it through callbacks. When Hawley finally phoned her to tell her she had won the part, she was "stunned."

Tolman had been working as an actress for years, whether in theatre or commercials, or improv and sketch comedy. But Fargo marked her first television series.

Tolman said she didn't realize how instrumental her character would be in the storytelling until she received the script for episode two. She also didn't anticipate how beloved Molly would be among fans and critics.

"I was mostly concerned with the show being well-received and well-loved, so I didn't really think about this character and what that meant for me. So it was really awesome to watch people take to her so fondly and in turn take to me so fondly for bringing this character to life," she said. THE CANADIAN PRESS

*This example is based on the results of a theoretical portfolio in a Registered Education Savings Plan with a 6.26% average annualized return, and includes Canada Education Savings Grant (CESG) payments. The CESG will add 20% of the first $2,500 contributed annually for each eligible child/beneficiary, up to a maximum grant of $7,200. This example is strictly for illustrative purposes only and is not intended to be representative of the performance of any actual or future investment available to investors. Actual client returns may differ substantially. Investment advice is provided by Royal Mutual Funds Inc. (RMFI). RMFI, RBC Global Asset Management Inc., Royal Bank of Canada, Royal Trust Corporation of Canada and The Royal Trust Company are separate corporate entities which are affiliated. RMFI is licensed as a financial services firm in the province of Quebec. ® / ™ RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ©2014 Royal Bank of Canada.

Schwartzman plays an insufferable jerk

Listen Up Philip. Actor contemplated making film's protagonist a little more likable, but then just went full-throttle despicable

MATT PRIGGE
Metro World News in New York

Jason Schwartzman is a rude, dismissive novelist in Listen Up Philip. CONTRIBUTED

When he received the script for Listen Up Philip, Jason Schwartzman was taken aback both by the material — in which he plays a novelist who consciously decides to be more of an a—hole, including to his girlfriend (Elisabeth Moss) — and the size of the script. It was as big as a phone book.

"It was very well-written — which I admire, because a lot of scripts aren't. They're just blueprints, just to get simple ideas across," says Schwartzman. "But Alex's read like you could just read it and not have to see the movie, in a weird way. The pleasure of reading it was nice, but very uncomfortable."

That's a good thing, too, since Schwartzman wound up rereading it often. Jeff Goldblum, a fellow actor in The Grand Budapest Hotel, gave him advice. "He told me when he gets a job, he reads the script every day, from start to finish. That could be 40 times he might read a script. I decided I wanted to try that, to read the Jeff Goldblum way," he says. Part of that was out of necessity. "It's so dense, there's so much dialogue. It's only going to work if you know it and can say it fast."

He had to contend with playing a character who, for most people, will be unlikable: rude and dismissive and insulting, burning bridges because he feel he can, who idolizes a miserable, Philip Roth-y hero (Jonathan Pryce). But softening him, Schwartzman argues, would make him worse. "Every time we'd experiment with making him more likable, we'd make him more unlikable, because he became passive-aggressive — which I feel is the worst. If you're passive-aggressive, that's the lowest," Schwartzman says. "It became great that Philip was so direct and clear. You kind of always knew where you stood with him. There's something fun about that. If the character was saying mean things only here and there, it'd be a different movie. But it's so extreme, it's in the red. You just had to say, 'F— it, this is gong to be in the red. Let's just play it loud.'"

Not that his better half is all that better. Moss told Schwartzman that she wanted to play her character, Ashley, like a version of Philip. "They're not that different. Even though she's sweeter, she, too, is self-consumed. She wouldn't be an easy person to date," he says.

By the time they were on-set they were arguing, almost in character. "I was sticking up for Philip, whose actions are sometimes just terrible. And I said, 'Look, you don't exactly make it easy.' I only saw it from his point of view."

If Philip has any redeeming qualities, it's that he wasn't always this way. "Alex and I talked about him as a guy who was drinking a little bit, then drinking a little bit more, and then drinking a little bit more, and before you knew it he was addicted," reveals Schwartzman.

"Maybe in the beginning he's experimenting with being so brutally mean and cruel, and it slowly overtakes him before he realizes he's lost touch."

Listen Up Philip opens in select theatres this month.

Avatar Secrets

Episode 5: Perception

Back in New York, Ramona feels the pull of nostalgia, and, against her better judgment, she calls Blake, her ex-boyfriend. For a moment, it seems perfect. But it's not real. "The digital is real, and what we're doing face-to-face is often quite virtual," says Nathan Jurgenson, a sociologist and co-founder of Cyborgology. Scan this photo for a video of Jurgenson talking about digital dualism.

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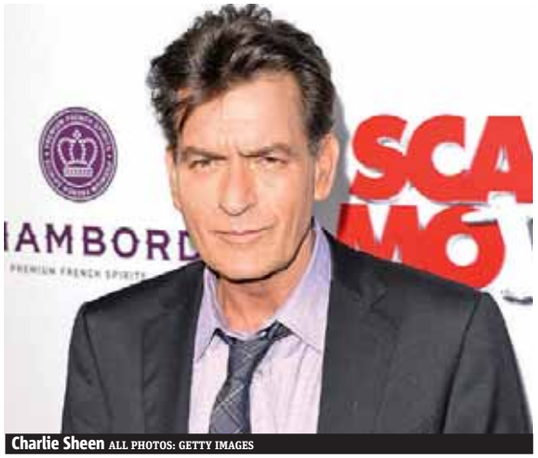


Charlie Sheen ALL PHOTOS: GETTY IMAGES

Three and a half weddings for Charlie Sheen

Folks looking forward to the tasteful and elegant nuptials of Mr. Charlie Sheen and former adult film star Brett Rossi, we have some bad news for you. The wedding is off. Capping a solid month of return-to-form erratic behaviour, the Anger Management star has called it quits with his fiancée, according to Radar Online. "The relationship actually ended a few weeks ago. Charlie finally broke up with her and kicked her out of the house. All of the fighting had just gotten out of control, and Brett was making him miserable," a source who's clearly on Team Sheen says. "Charlie just wanted to hang out with his friends, but Brett always pitched a fit when he did."

At least Sheen is being civil about it, releasing a restrained statement: "Scotty and I had a great year together as we travelled the world and crossed a lot of things off our bucket list. She's a terrific gal, but we've mutually decided to go our separate ways and to not spend the rest of our lives together." And don't worry, getting married wasn't one of the things on their bucket lists, anyway. The planned Nov. 22 wedding would've been Rossi's second and Sheen's fourth. And you really want to make sure she's the one before marriage No. 5. Everyone knows that's the one that sticks.

Russell Brand

Russell Brand heads to the Fox den to do battle

Russell Brand doesn't take nicely to having a talk show appearance cancelled. The comedian and upstart says he was planning to appear on Fox News' Hannity to discuss some hot-button topics until he was told not to bother. So instead he grabbed a laptop and a camera man and did a segment of his own web series, The Trews, on the sidewalk outside Fox's New York City headquarters — until security told him to knock it off. And threatened to have him arrested. "Whether the subject is Islamophobia or it's just the freedom to be in a lobby, Fox is a difficult organization to work with," he says, continuing to film outside the building.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Hugh puts the Cleaver into reprising Bridget Jones character

STARGAZING
Malene Arpe
scene@metronews.ca

Hugh Grant will not be in the third Bridget Jones film. But he promises he will join everyone else in not watching the movie.

Megan Fox says she has "lived many past lives" with husband Brian Austin Green. Megan, sweetie, you have not. It just seems like it when he asks for his allowance for the 70th time.

This week in Peculiar Occurrences: 1) Esquire's sexiest woman alive, Penelope Cruz refuses to talk about pretty much everything in her interview with the magazine. 2) Idiots who spent $20,000 on Hermes Birkin bags are now returning the bags claiming they smell of weed. 3) Harry Styles is observed exiting his car for the purpose of vomiting. 4) Amal Alamuddin takes new husband George Clooney's name.

Reese Witherspoon thinks last year's arrest for DUI "showed I have a complexity that people didn't know about." After she finishes stalking Miley Cyrus and shoplifting at the zoo, she hopes that we'll know her completely.

Chelsea Handler says that being friends with Jennifer Aniston is a "real burden" because of the constant wedding questions. "Well," says Jennifer, "the planning just got so much easier now that I don't have to worry about finding someone willing to sit next to Chelsea Handler."

Kate Mara and Shia LaBeouf are photographed visiting Disneyland together. They're not dating or anything. They were just there to help Reese Witherspoon push Mickey into a wall, so she could finally cross that minor assault charge off her list.

Nick Cannon says that the Jesus-angel-horror-nightmare tattoo he got to cover up "Mariah" isn't finished yet. That's a relief. Twenty decomposing goblins and a dragon skeleton will cheer it up considerably.

Snoop Dogg Instagrams a picture of someone not Iggy Azalea with the caption "Iggy Azalea no makeup." Next he'll totally put gum in Iggy's hair.

Jude Law

The Law of Jude: Exes must part with a baby

You probably didn't have any doubts about Jude Law's virility, but just in case, the Sherlock Holmes star is working hard to put them to rest. "I can confirm that Jude Law and Catherine Harding are expecting a child together in the spring," the actor's rep tells People magazine. And even though Law and Harding "are no longer in a relationship," they "are both wholeheartedly committed to raising their child." If this all sounds familiar, it's because Law had his current youngest child, five-year-old Sophia, under similar circumstances, announcing that ex Samantha Burke was expecting after they'd split up. He also has two children with ex-wife Sadie Frost. A word of warning to future ex-girlfriends of Law: Ask for clarification before accepting any "going away presents" he might offer.

You're going to feel like a jerk for dissing Bono's shades

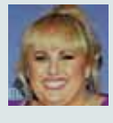
We've been making fun of Bono's ever-present massive sunglasses for two decades now, going all the way back to the Zoo TV tour, but it turns out we're all jerks. Congratulations. When asked by Graham Norton during an interview if he ever takes his trademark shades off, the U2 front-man offered this comedy-killing explanation: "This is a good place to explain to people that I've had glaucoma for the last 20 years." See, don't you feel terrible now? But while glaucoma can lead to blindness if not treated, Bono's going to be just fine. "I have good treatments and I am going to be fine," he said. But we can still make fun of him for the whole forcing an album on all iTunes users thing, right?

Bono

Twitter

@katyperry
I love when I meet a person so smart they short circuit during their conversation

@lenadunham
You know when you forget to eat for a few hours, decide that you're above food/people who eat are pathetic, then consume a whole chicken?



@RebelWilson
Who can train for a marathon? I'm currently training to be able to blow dry AND straighten my own hair without having to take a break

Stop treating your credit card like a bottomless cookie jar

Debt trap. The only way to truly take control of your life is to stop spending beyond your financial means

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

People stop me on the street, in the mall, at the supermarket to ask me if the people who appeared on my TV shows were real and, by the way, how could they ever get themselves into so much debt.

It's easier than most people think.

A credit card is kind of like a bottomless cookie jar. With easy access to credit, there's no reason to wonder when the treats will run out, and you are never disappointed.

Want a new outfit? Just stick it on a credit card. Want dinner with a bunch of friends? Ka-ching, ka-ching. Desperately in need of a sunny vacation to beat the winter blues? There's room on the card and that's just what it's for, right?

When credit became a commodity and lenders started hiking limits and offering incentives to take on more cards, people started behaving like greedy children, gobbling cookies without a thought to the tummy ache that would eventually follow.

Now, Canadians think nothing of spending more than they make every year. Hey grown-ups, before you think to chastise a child for anything, think about your own lack of self-control!

Sometimes there are cookies in life, sometimes there are not. ISTOCK

How did we get so much credit? All you needed was a nice, shiny credit score and you could have all the credit you wanted.

Do you know that people who make only the minimum payment on their credit cards have a better credit score than those who pay off their balances in full every month? Why? Because they're more profitable customers, so they score higher.

Do you want to be some company's dream customer, paying gobs of interest and twisting in the wind when the company decides to change the rules of the game? Or do you want to be in charge of your money and your life?

Focusing on your credit score is a trick, a distraction from the real issue: You have to learn to live within your means.

Credit cards only serve you when you have the power. Give the power to the creditor and you're a puppet, jumping and twitching. So, do you want to be some credit card company's puppet? Like the feeling of twitching when collectors call? No? OK then, it's time to retake control.

Being in charge means being out of debt. It means paying off your balance in full every single month. It means having only as much credit available as suits your needs.

Living within your means isn't as hard as some people think. Yes, you have to make choices. And yes, you may have to wait a while before you can take that vacation.

But when you stop treating your cookie jar like it has no bottom and start living within your means, you'll be in charge.

Sometimes there are cookies, and sometimes not. And if there are no cookies for a while, that's not the end of the world. You just have to get busy baking!

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How did we get into this gigantic mess?

Equifax Canada is predicting that our consumer debt levels will hit $1.4 trillion in 2014. Here's why:

1. People are paying only the minimum required on their credit cards. Those tiny payments are easy to work into their cash flow and, since people are loathe to add up what they actually owe, make people feel their debt is manageable. Ditto the debt on lines of credit.

2. We simply don't understand or won't accept the fact that all that consumer debt is "callable." That means, at the bank's whim, you can be asked to repay what you owe in its totality and, if you can't, you'll be sent to collections immediately. When you warn people of that, they say things like, "Oh, the bank would never do that." Yes, they would.

3. Folks won't live within their means. All that keeping up is going to end up costing a lot of them their financial security — something far more important than snappy shoes or the latest toy. For the people who would rather have granite countertops than a six-month emergency fund, it is only a matter of time before all that debt catches up with them.

4. Our net worth has grown and we keep being told that all the debt we have is OK because, hey, look at how much we have in assets. Here's the problem with that argument. Let the stock market change direction, or let the real estate market see a correction, and you'll watch your net worth plummet. The debt? Well, it's here to stay. As solid as concrete tied around your neck, that debt is going nowhere.

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Money 101. Two couples, one year to make them richer

Building future financial foundations

In only 10 months, our two Metro Money Couples have improved their net worth by more than $70,000. As we near the end of 2014, it is my mission to send each couple into the future with a rock solid financial plan. – *Lesley-Anne Scorgie*

Anne-Marie and Peter are putting together the next steps for each of their financial goals. SHUTTERSTOCK

Carolina and Jose would like to save money so their children can afford various activities. SHUTTERSTOCK

Anne-Marie and Peter

Anne-Marie, Peter and their daughter recently returned from a 10-day holiday in Ireland, followed by Thanksgiving weekend with family in Moncton, N.B. Thanks to their credit card points and a free annual companion flight, the couple was able to reduce their flight expenses to less than $1,000.

While away, Anne-Marie and Peter stayed with friends and family, further reducing their travel expenses. All in, the well-planned trip cost less than $1,800 by saving in advance through regular monthly contributions into their high-interest savings account.

Upon their return, Anne-Marie, who is on parental leave, learned her employer plans to lay off up to 3,000 staff in the coming years. She is nervous, but has been assured by her employer that her seniority, high level of education, and bilingual language skills count heavily towards her job security.

Peter returned to much better news from his employer — they are thinking of giving him a sizable raise and promotion that he has been hankering for over the past three years.

This month, our focus was to lay the foundation for Anne-Marie and Peter's five-year financial plan. Every great financial plan is rooted in the principle of steadily growing net worth each year, while working towards common goals. Thus, I asked Anne-Marie and Peter what their specific goals for the next five years are and when they plan to accomplish them.

The goals were: Attain better life insurance (one year or less); debt freedom (one year or less); get a raise or a different job for Peter (one year or less); expand their family (one to three years); buy a home (three to five years); grow investments to $250,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Most notably, Anne-Marie and Peter's investment goals are aggressive, as is their need to save a down payment.

Homework

Over the course of the next month, I will help Anne-Marie and Peter put together the next steps for each of their goals. Their homework is to prepare a high-level, five-year budget that will accommodate their goals.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $105,000
- Homework from last month: Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser

Carolina and Jose

Throughout the past month, Carolina and Jose have spent more than usual having fun with friends and performing low-cost home maintenance. They also received partial financial assistance from their condo association for the removal of trees and debris as a result of a freak snowstorm in September.

Between the costs of their social endeavours, home improvements and snowstorm cleanup, they are feeling financially squeezed. It's time for serious frugal living from now until the end of the year.

Thankfully, Jose's salary is up for review later this month, and his company is considering making him the safety manager for his entire division. This potential raise would equate to approximately $5,000 per year, a significant improvement to the couple's budget.

Now that the couple has officially settled into their new home, and Jose's job continues to improve, they are ready to turn their attention to their eventual retirement. Jose and Carolina have expressed concerns that their student debt is preventing them from being able to save money. But we have found an opportunity within their budget, approximately $100 per month, that they can use toward building their RRSPs.

As the first step in establishing their financial plan, Jose and Carolina shared the following goals and time frame to accomplish them for the next five years.

The goals were: Establish RRSPs (one year or less); attain life insurance (one year or less); open an RESP for each child (one to two years); afford activities for each child (two to three years); find a part-time job for Carolina (three to five years); debt freedom from student loans and line of credit (five years); get a bigger home (five years); grow investments to $50,000 (five years); travel (ongoing); grow income three to four per cent annually (ongoing).

Also of note is that Jose and Carolina would like to save up to take a vacation — just the two of them — for their 10-year wedding anniversary, which is fast approaching. They will need to tuck away approximately $6,000 to make that dream a reality.

Homework

Similar to Anne-Marie and Peter, Carolina and Jose's homework includes building a five-year budget around their five-year goals, as well as opening up their RRSPs.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $3,000
- Homework from last month: Begin exploring investments

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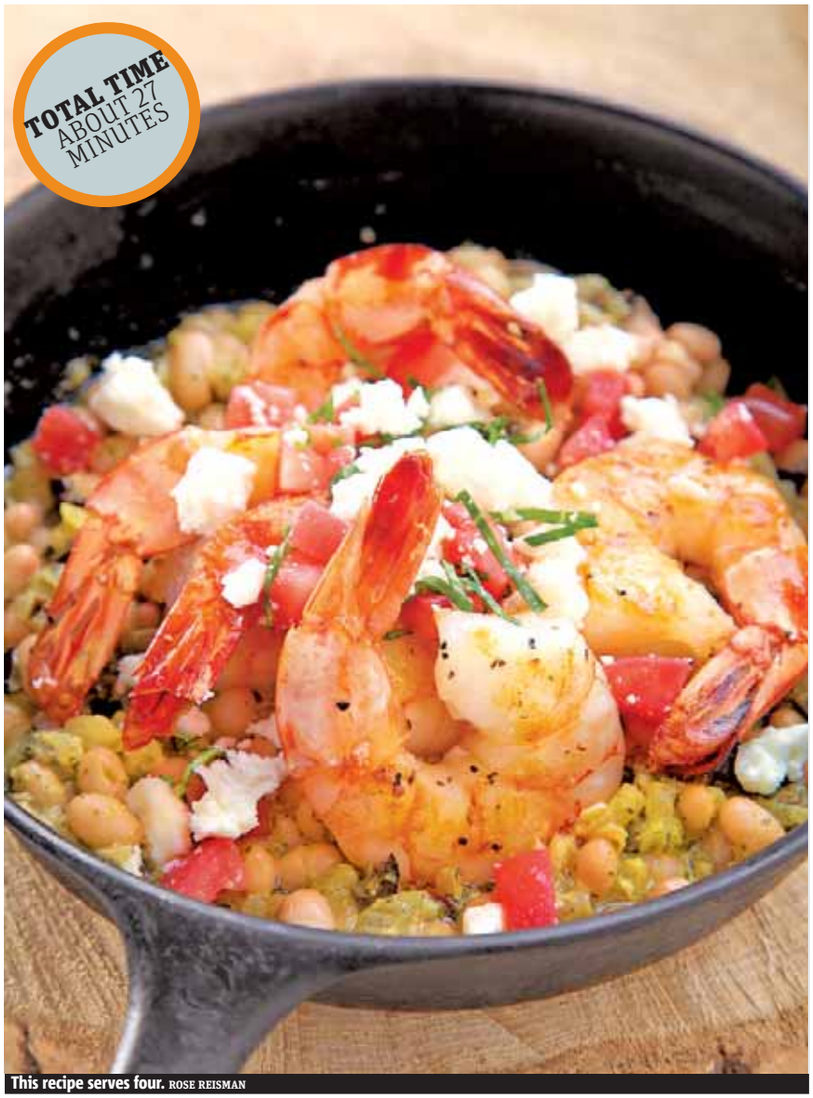
Beans and seafood team up for a dish inspired by fare from Northern Italy



This recipe serves four. ROSE REISMAN

Shrimp with White Beans, Lemon and Pesto. If you have a skillet and a few staples, you have a quick meal

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

This hearty meal is similar to a classic dish that comes from Northern Italy.

The beans and pesto blend really well with the olives and grilled shrimp.

I love to serve this skillet dish with a green salad, and good quality olive oil and balsamic vinegar.

Add a piece of Italian bread to soak up the delicious pesto and you're in heaven!

If you have the time, cooking the beans from scratch is a real delicacy.

I use the quick soak-and-cook method.

Just cover your beans with water, bring to a boil and cook for two minutes. Remove from the heat and let sit, covered, for 1 hour. Drain, cover the beans with water and simmer just until tender.

Beans are a high-quality carbohydrate that is rich in vitamins, minerals and fibre. They can help lower cholesterol, high blood pressure, triglycerides and reduce the risk of heart disease, Type 2 diabetes, obesity and osteoporosis.

Beware of store-bought pesto that contains excess oil. You can also make your own pesto using whatever herbs are in season. I like to use a combination of basil, parsley and cilantro for a twist on the traditional.

As a time-saver, cook the onion and bean dish early in the day, but cook the shrimp just before serving.

Directions

1. Either grill or sauté shrimp in a skillet sprayed with vegetable oil just until cooked (about 5 minutes). Set aside.

2. In a large skillet sprayed with vegetable spray, add the oil and sauté the onion and garlic for 5 minutes on medium heat until soft and lightly browned. Add the beans, pesto, stock, lemon juice, and olives and cook for 2 minutes until the dish is warm.

3. Place on serving plate and top with shrimp, feta and tomatoes. **THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN**

Nutritional information

Per serving

- **Calories.** 197
- **Carbohydrates.** 19 g
- **Fibre.** 1.3 g
- **Protein.** 20.5 g
- **Total fat.** 5.3 g
- **Saturated fat.** 1.6 g
- **Cholesterol.** 110 mg
- **Sodium.** 350 mg

Ingredients

- 12 oz large shelled shrimp (tail left on)
- 2 tsp vegetable oil
- 1 cup chopped onion
- 1 tsp minced garlic
- 1 1/2 cups canned white navy beans or kidney beans, drained and rinsed
- 1/4 cup store-bought or home made pesto
- 1/3 cup low-sodium chicken stock
- 1 1/2 tbsp lemon juice
- 1/4 cup chopped black olives

Garnish

1/3 cup crumbled reduced-fat feta cheese (1 1/2 oz/45 g)
1/2 cup diced tomatoes

Enjoy your greens with some texture

A delicious and interesting side salad, this dish combines the distinct flavours of kale, sun-dried tomatoes, goat cheese and berries.

Feel free to substitute the kale with arugula or spinach and the berries of your choice.

To rehydrate sun-dried tomatoes just soak them in hot water for five minutes or microwave for one minute. Drain them well and chop.

Avoid those packed in oil, as they contain excess oil and fat.

Ingredients

Dressing

- 1/2 tsp crushed garlic
- 1 tsp Dijon mustard
- 1 tbsp balsamic vinegar
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 2 tbsp water

Salad

- 4 cups baby kale, spinach or arugula
- 1/4 cup halved, toasted cashews
- 2 oz goat cheese, crumbled
- 8 rehydrated sun-dried tomatoes sliced in half
- 1/2 cup black berries or raspberries

I like to use baby kale, which has softer small leaves and is easier to digest than the larger tougher leaves that have to be "massaged" to become tender.

Kale is a super-green, containing vitamin K, which supports normal blood clotting, bone health and antioxidant activity. It's also high in iron, Vitamin A, C and calcium.

1. In small bowl, combine garlic, mustard, vinegar, oil, lemon juice and water until well mixed.

2. Place kale in serving bowl; sprinkle with nuts, goat cheese, tomatoes and berries. Pour dressing over top and toss gently.

ROSE REISMAN

This recipe serves four. ROSE REISMAN

Wandering into a workspace near you

An office open to all.
Rentable workspaces are a trendy option for those lacking a cubicle to call their own

EMILY LAURENCE
Metro in New York City

If you're self-employed or work mostly alone, you know how hard it can be to get motivated. A day planned to be productive can turn into sleeping in, getting sidetracked by Buzzfeed, eating and then going to the gym because you feel too cooped up.

A solution to this problem is quickly emerging in rentable workspaces that are not only thoughtfully designed to spark creativity but also serve as a place to form business connections. And it's not just bloggers who are taking advantage. Businesses are starting to rent spaces out, too. Here, we highlight some of the options:

WeWork
With 26 locations worldwide and 14,000 members, WeWork is truly on the forefront of this movement. Founding partner Rebekah Paltrow Neumann tells us the three components that make up the WeWork platform are space, community and services. Unlike other members-only workspaces, WeWork actually offers back-end tech support. And they've found it isn't just startups and independent workers taking advantage of their locations, workshops and other perks, like the WeWork app, that connects people who are looking for help with, say, WordPress. Big, global companies, like Reddit, rent out WeWork space, using it for satellite offices.

NeueHouse
This six-storey space in New York has an industrial-chic feel, with a full restaurant on the ground floor, open tables and plenty of private conference rooms. Some members choose to only have access to the main level ($600 per month), while others rent a permanent space upstairs (roughly $1,400 per month). Magazines Monocle and Surface have both made NeueHouse home base, as well as other small businesses like a startup coffee business and a team of private investors. With a concierge to check in clients and arrange meetings, hospitality is paramount.

Makeshift Society Brooklyn
Located in Williamsburg, Makeshift Society Brooklyn has a totally different vibe, which co-founder Bryan Boyer tells us was made to reflect the neighbourhood. There is another location in San Francisco that he says fits the neighborhood feel there, too.

Here, the emphasis on connecting people and helping businesses grow is especially strong.

"When people join, we take the time to find out what they do and what they're working on, and we'll say, 'Oh, you should meet so-and-so.' Having things like a communal kitchen, open workspaces and mixers connects people without it being a 'networking event,'" Boyer tells us.

Makeshift Society Brooklyn has regular events and classes where topics range from typography to making the whole working-for-yourself thing actually pay off.

Various memberships are offered, with a base $30 day pass, increasing to $50 a month to use the open workspaces, and topping at $500 a month for a permanent space where you can keep your computer and files.

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‘No one had done a conference about black women in tech before’

Lady and the tech. Kathryn Finney is working to create a support system for minority females in the industry

LAKSHMI GANDHI
Metro in New York City

When Kathryn Finney founded digitalundivided — an organization devoted to engaging minority communities with the tech world — she didn’t know quite what to expect. It was 2012 and it didn’t seem like there were a lot of resources available to African-American women in the field.

“We had no idea who was going to come,” says Finney of digitalundivided’s FOCUS100 conference. “No one had done a conference about black women in tech before.”

There’s been a lot of talk in recent months about the lack of diversity in tech — and about the lack of female and African American representation in that world in particular.

Finney began her site The Budget Fashionista during the early days of the fashion blogosphere in 2003. She says that she’s seen firsthand the challenges that many black female entrepreneurs in tech face.

“I was the only black person at one conference and one of three women,” she says, “and I remember just how marginalized we were. Everyone just kind of ignored me.”

In the years since then, Finney says she’s thought a lot about how other women and people of colour can be given opportunities to break into what is often an insular field.

Create a path for others

- Finney and her group digitalundivided are concentrating on helping women of colour find opportunities that suit them. Part of the problem, she says, is that many people have a misguided idea of what working in the field means and are discouraged from pursuing a career in tech before they even begin. “We have to show people the path and show what the end of the pipeline looks like,” says Finney.

She says she draws inspiration from the story of her own family in particular.

“My father was a brewery worker and the brewery shut down,” she recalls, noting that this was a common story in her hometown of Milwaukee during the 1980s. “My father saw himself as a displaced worker.”

The senior Finney managed to meet with an executive at IBM and get an internship at the company at the age of 36. That opportunity launched his second career, eventually landing him at Microsoft. Finney shares these lessons she learned from both her father’s story and her own to navigating the world of tech.

Kathryn Finney says many people are discouraged from pursuing a career in tech before they even begin. ISTOCK

Embrace your outsider status

“The best way to handle it is to embrace being the unicorn,” says Finney, often the only woman of colour in a room of executives. “It’s not your job or responsibility to give racial sensitivity lessons. In fact, it distracts you from your ability to grow your business.”

Don’t try to be the official spokesperson

As many tech companies have gone through some soul-searching about diversity in recent months, there have also been some high-profile comments from some techies decrying the need to recruit from underserved communities. “For the most part I don’t engage (with those people),” says Finney. “I don’t look at that as my job. Our responsibility isn’t to diversify tech. Our goal is to help black women get into the tech pipeline.”

Give entrepreneurs the support they need

Creating a strong support system for women in tech, says Finney, is key to success down the line. “You’re kind of like the mafia,” she says of her group, which is already two years strong. “Once you’re in, you don’t leave.”

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2014 Best Employers in Canada By Aon Hewitt

Breaking the ice, one bonbon at a time

Dear Metro,
I just started a great new job about a month ago. I'm loving the work, but I still don't feel like I fit in with the other employees. My team is a tight-knit group who frequently socialize outside the office. And while they haven't been outright rude, they also haven't made any open efforts to invite me into their fold. How can I crack their circle?
— All By Myself

OFFICE SPACE
Eleni Deacon
life@metronews.ca

Feeling a little left out? Friendships, much like Rome, aren't forged in a day. Take some time to ease your way into the fold with a cheery disposition and a half-dozen doughnuts. ISTOCK

Dear ABM,

Starting at a new office is a lot like starting at a new high school. You're a little nervous, you're wearing a meticulously co-ordinated outfit that you probably purchased earlier that week, and you don't know the way to the washroom. But even if you're having ninth-grader flashbacks, remember this: You are not in high school.

So while workplace buds definitely make the week more fun, don't think of this as an in-or-out popularity contest. When it comes to forging office friendships, play the long game — not the short-and-frantic game.

You're not going to become president of the water cooler overnight, so just chill. Rather than aiming for group-hug, invite-to-their-wedding acceptance, focus on one or two people with whom you can build a solid bond. Maybe Kyle shares your passion for obscure 1960s baseball statistics. Or Tina has a similar interest in woodcarving. If it seems you might connect with a particular person, invite them for coffee or shoot them a jokey email. One strong (and genuine) friendship could open the door to the rest of the group.

You should also assess your own attitude. Your first month in new a role is "please love me" time. Not only do you want to prove yourself a hard-working, creative-thinking and generally A+ employee — you also want to prove yourself a likable, not-annoying human being. But these two motives can sometimes work in conflict: try-hards can be turn-offs.

If there's a chance your chilly reception stems from intimidation, show your co-workers that you're on their team. This might be as simple as smiling more frequently and being more thankful for help. While it's important to make a solid out-of-the-gate impression, ensure you do so as an ally rather than a competitor who wants to trample every teammate, boss, intern, doorman and trash can in your path.

And in cases like this, light bribery is not off-limits. Most people like Timbits. And the people who bring Timbits to work.

ELENI DEACON IS A TORONTO-BASED WRITER WHO HAS SEEN IT ALL AS AN EAGER EMPLOYEE OF BIG OFFICES, SMALL OFFICES, HOME OFFICES AND ONE ITALIAN RESTAURANT.

Lessons from the desert

What will drift away with the desert and stay solid on the ice?

LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson learned from my experience running deserts.

When adversity visits us, it is an invitation to reflect on how we can better prepare to face it effectively. As I head out to Antarctica for my fourth multi-stage ultra-marathon, even though the race is identical in format to the previous ones, my preparation is vastly different. For Antarctica, I applied the time-tested and simple review of determining what I will stop, start and continue to do, as well as considering what aspects of my preparation techniques need to be adjusted or changed.

- Stop: Worrying! With experience and confidence, there is no use wasting energy fretting about it. I am just enjoying the journey irrespective of Antarctica's unique challenge.
- Start: I run with weight anklets to replicate the snowshoes or heavier shoes with crampons I will need during the race.
- Continue: Being superstitious. I will use the same old and torn backpack.
- Change: I have shortened my running stride to be lighter on the unpredictable snow and ice surface.

When adversity awaits us, be it personally or at work, we are forced to rapidly reclaim time to deal with the new issues we will encounter.

While becoming more effective and efficient might be enough to make it through, to thrive we also need to shed old activities to redirect energy to the new challenge.

In contrast, when not confronted with adversity, the most proactive response is to prepare for what is inevitably coming our way. If we have already stopped certain activities, thus creating some slack in our routine, it is easier to seize the next challenge and turn it in an opportunity.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER.

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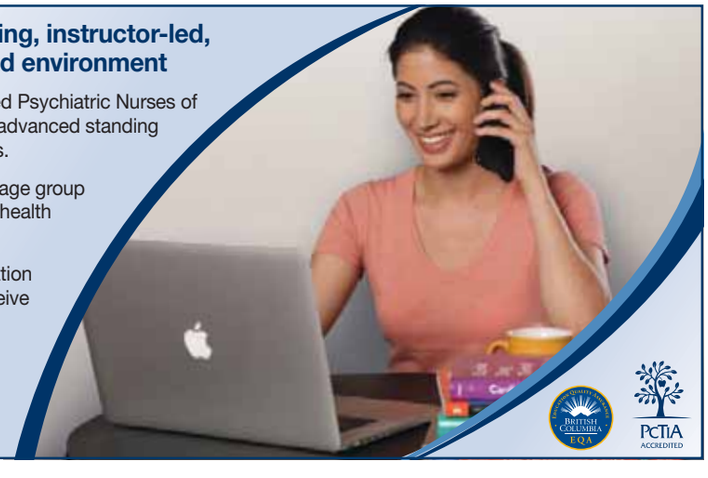


PCTIA ACCREDITED

Lack of discipline dooms Canucks

NHL. Vancouver gets into penalty trouble in loss to Tampa Bay

CAM TUCKER
cam.tucker@metronews.ca

The Vancouver Canucks had a run of four straight power plays. At some point, they were going to get dinged for a penalty of their own.

And that's where Saturday's game against the Tampa Bay Lightning turned around.

Canucks forward Alex Burrows was handed the only penalty out of a scrum in front of the Lightning net; then, 16 seconds later, his teammate Kevin Bieksa was called for a trip and just like that, the visitors from Tampa Bay had a 5-on-3 advantage.

Steven Stamkos then went to work, setting up Ryan Callahan with a perfect feed for what would be the game-winning goal.

The Canucks lost 4-2, suffering their first defeat of the season. They scored once on six power-play opportunities, and were foiled on numerous chances by Tampa Bay goalie Ben Bishop or the red posts behind him.

Burrows did well to draw two penalties in the second period, leading to an Alex Edler power-play goal.

The Lightning's Anton Stralman crashes into Canucks goalie Eddie Lack after being hooked by Kevin Bieksa at Rogers Arena on Saturday. DARRYL DYCK/THE CANADIAN PRESS

But when Burrows got involved in the scrum and with Vancouver having had the last four power plays, he became an easy target to penalize.

With Burrows and Bieksa in the box, it gave one of the game's best, Stamkos, even more time and space to work with, and after scoring twice in the first period, the Lightning star decided to show off his passing skills on the cross-ice pass to Callahan.

The quintessential turning point in a game that saw goalie Eddie Lack make his first start of the season for the Canucks.

Head coach Willie Desjardins was asked about the Burrows penalty but didn't single out any one player's transgressions.

He did, however, preach the importance of discipline.

"Guys have to want to win. They have to know how important it is … and how important to the team," said Desjardins.

"Every guy tries hard and we just can't give anything away. I guess if it keeps going on, I have to sit a guy out or deal with it, but I can't believe that it's not important enough for them to have the discipline we need."

TD machine

Manning breaks touchdown passing record

Peyton Manning's receivers played keep-away with his milestone memento and the NFL's new leader in career touchdown passes toyed with the San Francisco 49ers in the Denver Broncos' emphatic 42-17 victory Sunday night.

Peyton Manning
GETTY IMAGES FILE

Manning went into the showdown two TDs shy of Brett Favre's record of 508 and threw four touchdown passes, giving him 510.

He surpassed Favre's mark with an eight-yard strike to Demaryius Thomas late in the second quarter. As he went to retrieve the football, his teammates decided to have some fun.

Thomas tossed the historic ball over Manning and to Emmanuel Sanders, who then lobbed it to Wes Welker. From there, Welker dished it back to Sanders, who then flipped it to Julius Thomas — all of Manning's favourite targets getting into the act.

Finally, Manning got the ball along with congratulations from his teammates and coaches.

Thomas caught two TD passes from Manning, while Welker and Sanders had the others.

THE ASSOCIATED PRESS

Whitecaps remain in control of playoff destiny

It's come down to this: One game remains for the Vancouver Whitecaps; one game is left to earn a playoff position in the Western Conference for the second time in the club's four-year MLS history.

The Whitecaps managed a single point in a scoreless draw with the San Jose Earthquakes on Saturday, and in the process they maintained their hold on the fifth and final playoff spot.

Their advantage over the sixth-place Portland Timbers remains one point. Both the Whitecaps and Timbers played to draws in their respective games over the weekend, setting up for what should be a frantic finish to the regular season next Saturday.

Quoted

"That's all we want, is to be in control."

Whitecaps striker Erik Hurtado

"It definitely wasn't pretty, but sometimes you won't play pretty and you won't get the point and that was important today," said goalkeeper David Ousted, who recorded his league-leading 12th shutout of the year.

"We needed that point."

Vancouver will host the Colorado Rapids, already eliminated from post-season contention, at BC Place Stadium next Saturday. The Timbers host FC Dallas, which has already secured a playoff spot and could finish as high as third in the West, about an hour-and-a-half before the Whitecaps hit the pitch.

There are numerous clinching scenarios. But basically, Whitecaps win and they're in.

Seems simple enough.

"That's all we want is to be in control," said striker Erik Hurtado. CAM TUCKER/METRO

Rams reach into bag of tricks

Rams defenders Robert Quinn, top, and Marcus Roberson bring down the Seahawks' Kevin Norwood on Sunday in St. Louis. With the help of some trick plays on special teams, the Rams overcame the Seahawks' big statistical day to win 28-26. Scan the image with the Metro News app for more scores from the NFL on Sunday. DILIP VISHWANAT/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
A friend will offer you advice you should act on. The solution may be painful in the short-term but if you leave a financial issue unresolved it could be hugely costly in the long-term.

♉ Taurus
April 21 - May 21
There may be many things that interest you but there is only one thing that demands your attention. A serious matter needs to be dealt with today.

♊ Gemini
May 22 - June 21
You may have to cut back on your commitments to save time and money but don't overdo it. Jupiter, planet of excess, is strong in your chart today, so you could go too far.

♋ Cancer
June 22 - July 23
You are in a practical frame of mind and that's good because there are everyday issues that need to be dealt with. Focus especially on money matters over the next 24 hours.

♌ Leo
July 24 - Aug. 23
You can be brutally honest and with communications planet Mercury linked to Jupiter, planet of excess, today it is likely you will say something that shocks those around you. Good!

♍ Virgo
Aug. 24 - Sept. 23
Think deeply about what you are doing and where you are going. It's sensible to take stock once in a while.

♎ Libra
Sept. 24 - Oct. 23
Be careful you don't let an opportunity that is tailor-made for your needs slip by without taking advantage of it.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be having serious misgivings about what a loved one is proposing to do and it is your duty to speak up about it.

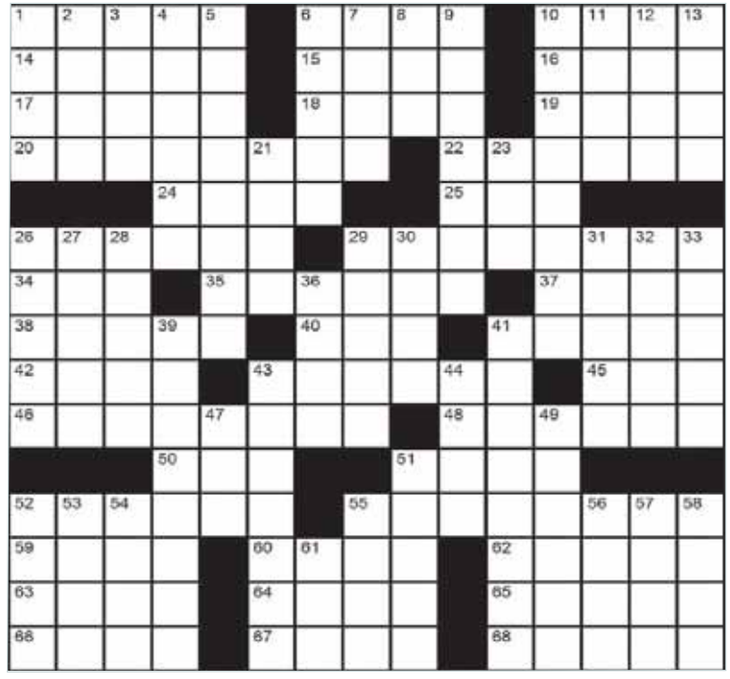
♐ Sagittarius
Nov. 23 - Dec. 21
Slow down a bit and prepare yourself, mentally, emotionally and physically, for the exertions that lie ahead. Don't get involved in anything that is likely to drain your energy.

♑ Capricorn
Dec. 22 - Jan. 20
The news you receive today may not be to your liking but you will still have plenty of time to adjust. Patience is not only a virtue but a necessity if you are to make progress over the next few weeks.

♒ Aquarius
Jan. 21 - Feb. 19
Don't listen to those who say you should be different. You don't need to play a role to make your mark. Act in a way that feels natural to you, not in a way you feel is expected.

♓ Pisces
Feb. 20 - March 20
Life may be unpredictable but that's one of the things that makes it interesting. The planets warn you need to accept that even unsettling events have their place in the cosmic plan.

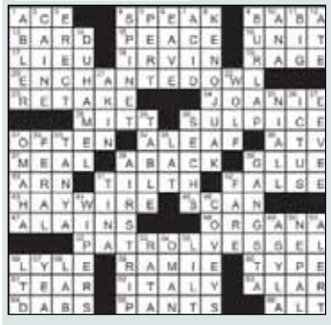
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Rock band, Papa __
6. Canadian Hip-Hop artist, __ 65
10. Canadian film-maker Mr. Sennett
14. Sum 41's "__ __ Deep"
15. Time Machine people
16. Exuberance
17. Catwalk walk
18. Steven __, Canadian violinist
19. Pharmacy amount
20. Villain's expression when pleased: 2 wds.
22. German author of The Sorrows of Young Werther
24. Barrel
25. Winter's first mo.
26. Sherwood Forest: Maid __
29. S.S. __, Canadian ship (named after a character in Shakespeare's The Winter's Tale) which sank in 1918 off Cappahayden, Newfoundland
34. High card
35. Parchment paper
37. Ms. Campbell
38. Scrumptious
40. All-you-can-what?
41. Tree beavers like
42. Virginia willow
43. CNN host Mr. Zakaria
45. Amateur antonym [abbr.]
46. Montreal street; or, actor Jesse
48. Sci-Fi thriller of 2004 filmed in Ottawa
50. Spencer Davis Group's "__ __ Man"
51. David __ (Yahoo! co-founder)
52. Sauce sort
55. "Penny __" (Horror series)
59. Queen in Disney's "Frozen" (2013)
60. Italian saint Philip
62. Mad
63. Ms. McEntire
64. Previous partners
65. Faring
66. Therefore: French
67. Actor Rob
68. Fiction's Jane's

Down
1. Climb
2. A-ha's "The Sun Always Shines __ __."
3. Longfellow's bell town
4. Anne Murray's "__ _ Have This Dance"
5. Poutine component: 2 wds.
6. Darken
7. __ Bator, Mongolia
8. Bilk
9. Mixed Martial Arts drama starring Nick Jonas, on Bravo
10. __ Sans Frontieres = Doctors Without Borders
11. Care-_-__ (Care Bears home)
12. Money
13. __ socks
21. Ancient symbol
23. Atop, in verse
26. Ms. Bialik of "The Big Bang Theory"
27. Razor-sharp
28. Convened again
29. Emergency light signal
30. Plucked instrument
31. One of The Marx Brothers
32. All
33. Comedian Jay's
36. Fall fall-ee
39. Canadian fiddler Ashley
41. Toronto street; or, Ms. Kane who stars as Mary on "Reign"
43. Pajamas fabric
44. Ms. Falco
47. Friend: French
49. __ Valley, in western Newfoundland
51. Bichon __ (Small dog)
52. Grazing group
53. Margarine
54 Paperback's ID
55. Mr. Carey
56. Reasonable
57. __ Reader (Alternative press magazine)
58. Endurance/longevity
61. Prefix to 'skeleton'

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

			9		4	2	5	
6	4				8		9	
5		1	2			8		
2	3		8		7	6		9
8		7	6		1		3	2
		3			5	7		4
	1		4				8	5
	8	5	7		6			

Friday's Sudoku

5	3	2	9	7	8	4	6	1
8	6	7	4	3	1	2	9	5
1	9	4	6	5	2	7	8	3
6	4	3	5	1	9	8	7	2
7	1	5	8	2	6	3	4	9
2	8	9	3	4	7	5	1	6
9	5	6	7	8	3	1	2	4
4	2	8	1	9	5	6	3	7
3	7	1	2	6	4	9	5	8

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